

FROM THE GROUND UP

~ CAROB OAT TRUFFLES ~

FALL 2014



Raising healthy eaters
one taste at a time...

HISTORY & NUTRITIONAL INFO

Happy Holidays Coyotes, and welcome back to another delicious month of **From The Ground Up**! There's nothing better than a sweet treat to bring in the holiday cheer. Today we've got a recipe that's going to rock the house.....and your tastebuds, of course! What's more, the ingredients are healthy and nutritious: we're taking **Chocoliciousness** to the next level. How do we do that, you ask? Ever heard of a **superfood**? When we say superfood, we mean ingredients that give your body energy and make your skin shine: delicious natural gifts that come from **Mother Earth**: *raw honey from bees, sea salt from the ocean, Madagascar vanilla from vanilla pods, coconut butter from - you guessed it - coconuts, and the bodacious flavor of an avocado*. Just wait and see how well an avocado blends to make this luscious dessert.

So where's the chocolaty goodness, you ask? Well, here's the rub, Bub: today we're giving our Holiday truffles a little twist with a super star ingredient called **CAROB**. Carob comes from the pod of an evergreen flowering shrub

that grows along the Mediterranean Sea. Native to the eastern and southern area of Spain, carob is cultivated for its edible seeds. It's found in its natural form in Southern Anatolia, Cyprus, Syria, Greece, Spain, Morocco, Tunisia, Algeria, Libya and Israel. Consumed since ancient times, it is also known as Saint John's Bread or locust bean. Once dried, the edible pulp is ground into a powder called carob flour. Much like cocoa powder in color, but without the stimulant caffeine, it can be used as a substitute in baked goods, bars, snacks, cereal, and dairy products. Carob has a mild, sweet flavor, and it's packed with pectin, a soluble fiber. It's also known to soothe an upset stomach. Carob contains calcium, Vitamin A, B1, B2, magnesium, niacin, potassium, and the trace minerals iron, manganese, chromium, copper, and nickel. Talk about a healthy ingredient!

So give our healthy Carob Oat Truffles a whirl, they're so good, you'll want to **DANCE** and **twirl**! See you next time Coyotes. Ah-Whoo!

CAROB OAT TRUFFLES (NUT-FREE, VEGAN, RAW)

Ingredients

3 tablespoons carob powder
3/4 cup rolled oats
1/2 avocado
2 tablespoons coconut butter
2 tablespoons raw honey or maple syrup
1 teaspoon vanilla
1/8 teaspoon sea salt
1-4 teaspoon water
Shredded coconut or Cinnamon Sugar for coating (optional)

DON'T YUCK MY YUM!

Directions

PULSE the oats in a food processor until they turn into a fine powder. **ADD** the remaining ingredients and **PULSE**, adding water a few drops at a time to bring the truffle dough together. **PINCH** off a tablespoon size portion of dough, then roll into balls. Optional festive coating: **ROLL** the balls in shredded coconut or cinnamon sugar.

If YOU try a Tasting recipe at home, be sure to report back next month about how your family liked the recipe!



KNOCK KNOCK!

Who's there?
Broccoli.
Broccoli who?
Broccoli doesn't have a last name, silly!